



Open Danish Championship in Biathlon Orienteering



Instruction for Classic race Saturday

Terrain The terrain consists of coniferous forest including some open moor land in between. Inland sand dunes form the contour lines of the terrain. The sand dunes vary from being rather insignificant in some flatter parts to being significant with height differences around 5-10 meters in larger parts, but also between 20-40 meters in the most hilly part. The ground is generally solid making fast running possible. Most vegetation is open giving good visibility, but some scattered thicker parts has low visibility and allows slower speed only.

A special and rare natural phenomenon is the 7-years lakes in the centre of the terrain. The name has been given due to the shift from being dry land to being lakes every seventh year. At the moment the lake area is mainly dry and easy crossable almost everywhere due to a rather solid ground.

Due to an increasing traffic of tourists in the lake area there can be some extra tracks not necessarily marked on the map.

Maps Location orienteering:

Frederikshåb, scale: 1:10.000, contour interval: 2,5 m, updated 2014.

The map is laminated and waterproof.

Free orienteering:

Frederikshåb, scale: 1:10.000, contour interval: 2,5 m, updated 2014.

The map is printed on waterproof paper.

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Toilets	Toilets are available at the assembly area.
Tents	Nations can put up their own tents at the assembly area.
Embargoed Areas	All terrain surrounding the shooting range is competition or safety area and out of bounds. Warm-up can be done on the paths connecting the shooting range and the parking area. The old runway (the parking area) may also be used.
Time system	Electronic Emit is used for punching. Between location orienteering and free orienteering there will be a unit, which has to be punched.
Number bibs	Number bibs must be attached to the chest. The number bibs will be available near the start.
Refreshments	Water will be available at the changeover from location orienteering to free orienteering, on courses longer than 6 km and at the finish area.
Competition sequence	Start -> Prone shooting -> Location-o -> Free orienteering -> Standing shooting

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Classes

The schedule below shows the distances and controls for each class.

Classes	Location orienteering	Free orienteering	Controls	Refreshment
M/W12	3,0 km	2,6 km	11	no
W20	3,0 km	5,7 km	21	yes
W21	3,0 km	7,0 km	21	yes
W50	3,0 km	4,1 km	15	no
M20	3,0 km	7,7 km	22	yes
M21	3,0 km	8,8 km	24	yes
M40	3,0 km	7,0 km	21	yes
M50	3,0 km	5,7 km	21	yes
M60	3,0 km	4,7 km	17	yes

Location orienteering

The route is marked with blue/white/yellow stripes.

Control description

Control description will be available 2 minutes before start. The description is also printed on the front page of the map.

Start procedure

The runners will be called up 4 minutes before start. There are 4 boxes. In the first box the emit card will be checked. In the third box control descriptions will be offered. In the last box the emit card must be put into the zeroing unit 5 seconds before start when the start signal starts the count down. At the last signal the runners lift the emit card and his/her time will start.

- 4 min.	- 3 min.	- 2 min.	- 1 min.
Check of Emit card	→	Control descriptions	→

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First shooting From the start runners must follow a marked path to the weapon area, pick up their weapon and bring it to the shooting line to fire 10 shots in prone position. Secondly the runners deliver the weapon back to the weapon point and proceed on a marked route to the start of location orienteering.

First change procedure At the end of the location orienteering route the runners proceed into a long box marked with stripes. Firstly the runners drop their map from the location orienteering in a box. Secondly the runners punch an emit unit. Thirdly the runners passes the refreshment point and can choose to drink water. Next the runners take their map for the free orienteering. **All maps are marked with the start number and the runners are responsible for taking the correct map!** Eventually the runners proceed to the start point marked with an orange/white orienteering flag.

→	→	→	→	→
Dropping map from location orienteering	Punching emit unit	Water refreshment	Taking map for free orienteering	Start point free orienteering

Second change procedure From the last control of the free orienteering the runners will follow a marked route into the shooting range.

Second shooting Runners must follow a marked route to the weapon area. The runners pick up their weapon again and bring it to the shooting line to fire 10 shots in standing position. Eventually the runners deliver the weapon back to the weapon point and proceed to the finish line.

Weapon safety For safety reasons, when moving with weapons, it is important that the runners carry them with a hand on the barrel so that the barrel is pointing straight upwards. A safety look must be inserted in the weapon at all times except when shooting.